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'A STEP IN THE RIGHT DIRECTION' SID GETS BACK ON THE ICE {page 14}



PROVING IT
HOUSEWIFE DELIVERS IN FORENSICS {page 9}



HALIFAX metro®
Tuesday, March 15, 2011
www.metronews.ca
News worth sharing.

RYAN TAPLIN/METRO



▶ An RCMP K-9 team searches for evidence on Ahern Avenue after a report of shots fired outside Citadel High School yesterday afternoon.

Cops probe gunshots at high school

- Police believe the weapon used was a handgun
- Staff, students and general public are being asked to provide any information regarding the incident

Police are searching for suspects after gunshots were fired outside Citadel High School in Halifax yesterday just minutes after school dismissal.

Staff members from the school called police after hearing multiple gunshots at the east end of the school on Ahern Avenue at around 3:15 p.m.

There were no injuries reported, police said. Witnesses saw several people fleeing the scene after the shots were fired.

Police found multiple shell casings near the road just outside of school property.

"At this point we haven't been able to actually connect the school itself or anyone from the school being involved," said Const. Brian Palmeter of the Halifax Regional Police.

Palmeter said police are looking into some leads and hope surveillance tapes, staff and students will provide further information.

Officers went to a residence in the Uniacke Square area on Gottingen Street and spent several hours there as they tried to find a person they believe may have been involved.

Palmeter said late yesterday that a male they wanted to talk to wasn't at the residence but two women were taken into custody for questioning.

"We're tremendously grateful no one was hurt."
DOUG HADLEY, SPOKESPERSON FOR THE HALIFAX REGIONAL SCHOOL BOARD

Preliminary evidence, he added, indicates this was not a random act.

"Given the fact that this happened right next to a school is very concerning to the police," Palmeter said as two police dogs searched the scene.

Doug Hadley, spokesperson for the Halifax Regional School Board, said prior to dismissal there was a teenage male — not recognized by staff as a student — who was lingering at the back entrance of the school and was asked to leave. Though he left school property, staff noticed he remained nearby.

Hadley said at this point his identity and involvement is unknown.

"We're extremely concerned that some act of violence would take place so close to our school and to a place where students should always feel safe," Hadley said. "So that's a big concern for us." ● KRISTIE PEARCE WITH FILES FROM THE CANADIAN PRESS

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N.S. considers LED street lights

Nova Scotia is reviewing the possibility of replacing 120,000 street lights across the province with more energy-efficient LED lighting, according to ministerial briefing notes.

The notes prepared in January for newly installed Energy Minister Charlie Parker say the estimated cost of installing light-emitting diode technology provincewide would be $90 million.

The documents obtained through a freedom of information request say the opportunity exists to cut street lighting electricity costs by more than 50 per cent and there would also be annual maintenance cost savings because of the 20-year life expectancy of the lights.

Bruce Cameron, the Energy Department's director of strategic policy planning, said it's believed the $90-million cost would be returned through an equivalent amount in savings in energy and maintenance costs over a 10- to 13-year period.

"It's a good solid investment and our role is to figure out how we can help make it happen," Cameron said in an interview. "I think we're in a position that, within the next few months, we should have a solid workable proposal."

He said any final decision on whether to proceed with a policy initiative would rest with the minister and cabinet.

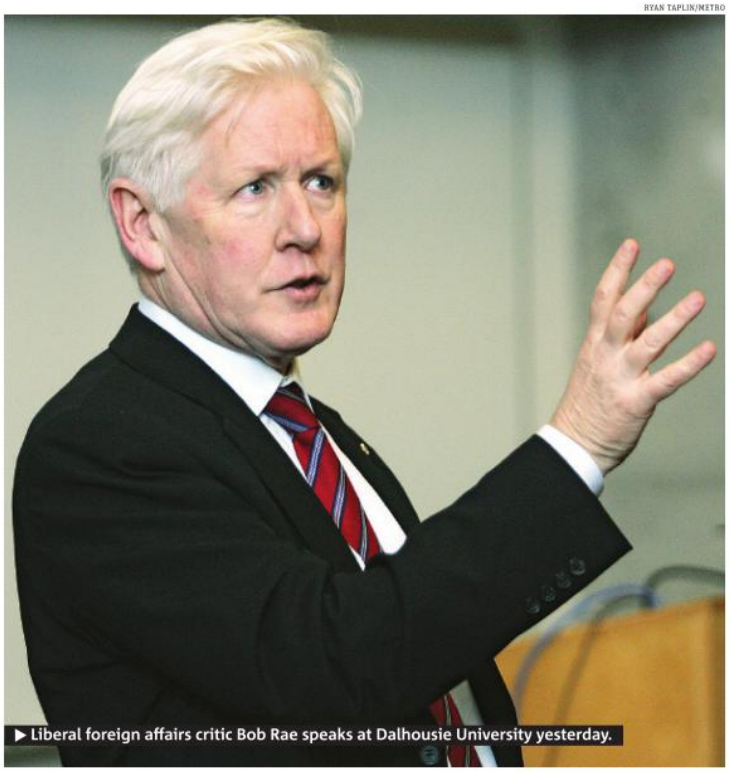
"The business case for the dollar savings are as much on the maintenance as they are on the energy."
ENERGY MANAGER JULIAN BOYLE

Cameron said responsibility for making the switch would rest mainly with municipalities and Nova Scotia Power, while the province is responsible for highway lighting. He wouldn't be specific on what kind of financial aid, if any, would be involved.

"We have a number of options on reducing the barriers for people to go ahead," Cameron said. "Some of those barriers relate to financing and some relate to organizing it and being able to manage it as a priority." **THE CANADIAN PRESS**

'I'm not afraid of an election': Rae

RYAN TAPLIN/METRO



▶ Liberal foreign affairs critic Bob Rae speaks at Dalhousie University yesterday.

Liberal foreign affairs critic speaks at local Grits fundraiser in Halifax



ALEX BOUTILIER
@METRONEWS.CA

Bob Rae thinks the federal Liberals have "every reason" to think the party can snatch Halifax from the NDP.

The Grits' foreign affairs critic and former Ontario NDP premier gave a lecture at Dalhousie University yesterday in support of his book, Exporting Democracy. To a crowd of students, Liberal supporters, and members of the lecture-going public, he touched on topics such as the ongoing crises in Libya, the cost of interventions in Iraq and Afghanistan, and the disaster in Japan.

But Rae was also in town to speak at a $100-per-plate fundraising dinner for the local Liberal Association and their candidate, Stan Kutcher.

"We think Stan's a great candidate," said Rae, after fielding questions from the crowd. "We think that we have every reason to be optimistic that we can win the seat."

Kutcher and the Liberals have a tough fight ahead of them.

The NDP have held Halifax since 1997, when Alexa McDonough won with nearly half the vote. McDonough won the following three elections before retiring from politics in 2008. Her successor, Megan Leslie, successfully campaigned for the seat that year, defeating Liberal Catherine Meade by a 15-point margin.

Of course, an election hasn't been called as of yet. But with the government tabling their budget next week in the wake of a landmark ruling by Speaker Peter Milliken to find the Conservatives in breach of parliamentary privilege on two separate issues, speculation about a spring election hasn't exactly diminished.

Man hit by car dies

A 35-year-old Indian Brook man died yesterday after being struck by a car on Highway 102.

According to police reports, at approximately 7:30 p.m. Allan Francis was walking North between exits 8 and 9 when he attempted to cross the highway from a centre median.

After nearly avoiding being hit by a transport truck, Francis proceeded to the right hand lane and was struck by a Hyundai Elantra. The 25-year-old male driving the Elantra was not injured.

At the time of the incident weather conditions were dark and rainy. Francis was pronounced dead at the scene.

KRISTIE PEARCE

News in brief

One waterslide closed for now

CANADA GAMES CENTRE. Staff at the brand new Canada Games Centre in Halifax closed one of the two waterslides.

A young slider went "beyond the landing area at the bottom" last week, according to a release sent yesterday.

The slider wasn't hurt but the slide is closed until further notice. Meanwhile staff are talking to the manufacturer and consultants about the design and installation. **METRO**

Stem cell bank to be developed

CANADIAN BLOOD SERVICES. Provincial and territorial health ministers say $48 million will be spent on the development of a special blood bank for stem cell transplants.

All provinces and territories except Quebec will support the national public umbilical cord blood bank, which will be created and managed by Canadian Blood Services.

The new program will collect cords through donations by parents across the country and hopes to tap into the ethnically diverse population. **THE CANADIAN PRESS**

1 news

How do stars "unknowingly" perform for dictators? An agent explains. Scan code for story.

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Allan Small on why North American markets have been able to withstand volatility around the world. More at metronews.ca/investing

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HMCS Charlottetown joins forces off Libyan coast

Defence minister visits Malta to thank Canadian Forces, Maltese government
Frigate left Halifax March 2



ALEX BOUTILIER
@METRONEWS.CA

The HMCS Charlottetown arrived in the Mediterranean Sea over the weekend.

The Halifax-based, Halifax-class frigate joined its international counterparts in monitoring the ongoing crisis in Libya on Saturday.

While there, the Charlottetown, whose crew includes 240 sailors and air personnel, will be part of NATO's Standing Maritime Group 1.

"HMCS Charlottetown's presence in the Mediterranean Sea provides the Government of Canada with the means to react rapidly should any new crises unfold in the region," said Gen. Walt Natynczyk in a statement.

The Charlottetown's arrival came as the Canadian evacuation teams left.

All Canadian Forces personnel involved in the Libya evacuations — which involved 191 Canadians and foreign nationals — were set to leave the area by Sunday.

Peter MacKay, minister of National Defence, visited nearby Malta on Saturday to thank that government in assisting Canada's evacuation efforts.

"The Maltese government has been very helpful in assisting our evacuation efforts," said MacKay. "Without their support, this challenging operation would have been even more difficult."

MASTER-CPL. SHILO ADAMSON/CANADIAN FORCES COMBAT CAMERA/SUBMITTED



▶ Peter MacKay, minister of National Defence, meets with Lt.-Col. Wallace Camilleri, commanding officer of Maritime Squadron Armed Forces, Malta, on the weekend in Valletta. The minister was in Malta to thank the Maltese people for their hospitality and assistance with Canadian evacuation efforts during the recent crisis in Libya.



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3rd party to look into abuse

Review findings will be made public: Community services minister

The Nova Scotia government says a consulting firm will conduct an independent review into a recent incident of abuse at a residential home for the mentally disabled.

Community Services Minister Denise Peterson-Rafuse says Deloitte's review of the Braemore Home Corp. in Sydney will help the government understand how and why the abuse occurred.

Peterson-Rafuse ordered the review in February after it was revealed that a 20-year-old man with autism was kept in a constantly lit room for 15 days last fall.

She says the program and operational review will also help the government address how it can work with Braemore to ensure residents are safe and that staff are getting the support they need.

The findings will be presented to the government in the spring.

The work will be conducted in two phases.

The first phase will involve setting the terms of reference for the review, which Deloitte will do with input from the government, Braemore and union leadership. That's expected by the end of the month.

The second phase will see Deloitte compile the review by gathering input from interested parties, including staff, residents and their families.

THE CANADIAN PRESS

News in brief

Sledder to be examined

AUTOPSY. RCMP say the medical examiner will investigate the cause of death of a snowmobiler whose body was found in Labrador on Sunday.
THE CANADIAN PRESS

Police-shooting report nears public eye

A police complaints commission says it will release its final report this week into the fatal shooting of a Mi'kmaq man in Nova Scotia.

Jamie Robertson of the Commission for Public Complaints Against the RCMP says the agency has received the police department's comments on its 120-page report into the December 2008 death of John Simon.

Robertson says the agency will add the RCMP comments to its report and then post it on its website before the end of the week.

Simon's relatives and Wagmatcook band members complained on Sunday that they have waited too long to hear the results.

Simon was shot and killed in his home in Wagmatcook on Dec. 2, 2008, by an RCMP officer.

An investigation by Halifax Regional Police concluded that RCMP Const. Jeremy Frenette entered Simon's house against direct orders from his supervisor and that Simon had a rifle and was potentially suicidal.

The investigation found that Frenette shot Simon in self-defence and indicated no criminal charges would be laid. THE CANADIAN PRESS

Report circulates

- The Commission for Public Complaints Against the RCMP forwarded its findings on the shooting to RCMP Commissioner Bill Elliott and the federal minister of public safety in early December.

Fire grounds Jazz plane

A plane with 44 people on board reported smoke in the cockpit yesterday, forcing it to return to Halifax shortly after takeoff, said an airport spokeswoman.

Ashley Barnes said Jazz Flight 8600 landed at Halifax Stanfield International Airport without incident.

The flight left Halifax just after 6 a.m. en route to St. John's, N.L.

However, the crew "advised that they would be turning back here ... due to smoke in the cockpit," said Barnes. "So our emergency response did stand by.

"Just a few minutes later — just before 6:30 a.m. — the aircraft landed without incident."
THE CANADIAN PRESS

Blaze careful spring trails

The Nova Scotia departments of Natural Resources and Health and Wellness are reminding trail users to be cautious as warmer weather leads to risky ice conditions.

Increasing temperatures and melting snow and ice on the trails can become hazardous. They advise hikers, snowmobilers and other trail users to be aware of possible hidden cavities or washouts beneath the melting snow and ice, especially near open water.

They also encourage people to avoid unfamiliar areas and to carry a staff to test potential dangerous areas. KRISTIE PEARCE

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Date: March 15, 2011

Time: 6PM – 8PM
(Presentation will begin at 6:30PM, doors will close at that time)

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Blast causes radiation leak at nuclear plant

Japan warns people to stay indoors to avoid becoming sick Death toll from earthquake, tsunami rising

Japan warned of an alarming radiation leak from a stricken nuclear power plant and told people nearby to stay indoors to avoid becoming sick in a rapidly escalating national crisis following last week's earthquake and tsunami.

In a nationally televised statement, Prime Minister Naoto Kan said radiation has spread from the three reactors of the Fukushima Dai-ichi nuclear plant in one of the hardest-hit provinces in Friday's 9.0-magnitude earthquake and the ensuing tsunami.

"The level seems very high, and there is still a very high risk of more radiation coming out," Kan said. He warned there are dangers of more leaks and told people living within 30 kilometres of the Fukushima Dai-ichi complex to stay indoors to avoid radiation sickness.

Chief Cabinet Secretary Yukio Edano said a fourth reactor at the complex was on fire and more radiation had been released.

"Now we are talking about levels that can damage human health," he said.

The death toll from last week's earthquake and tsunami jumped early today as police confirmed the number killed had topped 2,400. Thousands more are missing. THE ASSOCIATED PRESS

Aftershock

The nuclear crisis is the latest blow to a country still reeling from Friday's devastation.

- **Hundreds of bodies** have washed ashore along Japan's northeast coast.
- **In Miyagi** the police chief has estimated 10,000 deaths in his province alone.
- **The government** has streamlined the funeral process due to the number of deaths.
- **Millions of survivors** spent a fourth night with little food, water or heating.

Drive. In



▶ A truck is seen yesterday after it crashed into a house in Southeast Placentia, N.L.

THE CANADIAN PRESS/RCMP HANDOUT

An unwelcome house guest

A man has been charged in Newfoundland after an out-of-control pickup truck careened into a house, coming to a stop inside the kitchen. RCMP say two adults and three children were in other areas of the home in Southeast Placentia when the truck came crashing through on Sunday night. No one was hurt.

Mounties probe interference

The federal government has called in the RCMP to investigate political interference by a Conservative staffer in an access-to-information request.

Sebastien Togneri worked for Christian Paradis. THE CANADIAN PRESS

Indian navy arrests pirates in fire fight

Five dozen pirates living on a hijacked ship serving as a roving pirate base jumped into the Arabian Sea yesterday after the Indian navy fired on the vessel in self-defence, the navy said.

The navy captured 61 pirates fleeing the battle and the fire that broke out aboard the hijacked vessel. The battle is the latest example of the piracy trade's turn toward increased violence.

A pirate in Somalia threatened Indian sailors and the government with targeted attacks in retaliation for the arrests.

The Indian navy said a patrol aircraft spotted the mothership Friday while responding to another vessel reporting a pirate attack. The pirates aborted the hijacking attempt and tried to escape on the mothership.

When the Indian ships closed in Sunday night, the pirates fired on them. The hijacked vessel caught fire when the Indian navy returned fire, the navy said.

The pirates had hijacked the Mozambique-flagged Vega 5 in December and had used it as a mothership. Indian sailors rescued 13 crew members from the Vega 5 Sunday night about 1,100 kilometres off Kochi in southern India, the statement said.

The pirates were carrying about 80 to 90 small arms or rifles and a few heavier weapons. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/PRESS INFORMATION BUREAU HANDOUT



▶ Dozens of pirates sit onboard an Indian navy ship.

Pirate justice

Five Somali men convicted of piracy for attacking a U.S. navy ship off of Africa's coast have been sentenced to life in prison in the U.S.

- **Their prosecution** was the first for piracy in nearly 200 years.
- **The men** were also sentenced to serve an additional 80 years on other charges.



WEALTH WATCH

Net worth losing ground

The net worth of Canadians rose 2.2 per cent in the last three months of 2010, thanks to a rebound in stock markets, Statistics Canada says. Still, the five to six per cent annual rate of growth is below the near 10 per cent gains that were the norm before the recession.

Household worth advanced to reach $181,700 per capita, while Canadians' collective worth totalled $6.2 trillion at the end of 2010.

But Statistics Canada noted Canadians continue to take on debt, with the ratio of household debt to disposable income at a record 149 per cent. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 55.06 (13,619.19)	– 0.16¢ (102.82¢ US)

Oil	Natural gas
+ 3¢ US ($101.19 US)	1,000 cu ft $3.951 US (+ 6.2¢ US)

Gold contracts $1,424.90 US (+ $3.10 US)

Would you like Rihanna with that burger?

Toronto-based Mood Media has signed a deal to provide music and sound systems to 258 McDonald's restaurants in Poland. The company said the music will come from its Ear Candy catalogue which features tracks from composers and producers who have collaborated with Mariah Carey, Rihanna, and Justin Timberlake. THE CANADIAN PRESS

Uranium stocks hit as nuclear fears spread

SEAN GALLUP/GETTY IMAGES



▶ Anti-nuclear activists demonstrate yesterday at the Chancellory in Berlin, in reaction to the dramatic situation at the Fukushima nuclear plant in Japan. Analysts say that, in the long term, demand for nuclear energy — and Canadian-mined uranium — is unlikely to subside.

Drop in share price 'driven by emotion': Cameco CEO Jerry Grandey

The world's largest uranium miner sought to allay concerns over the future of the global nuclear industry yesterday as trouble continued at a Japanese power plant damaged in last week's earthquake.

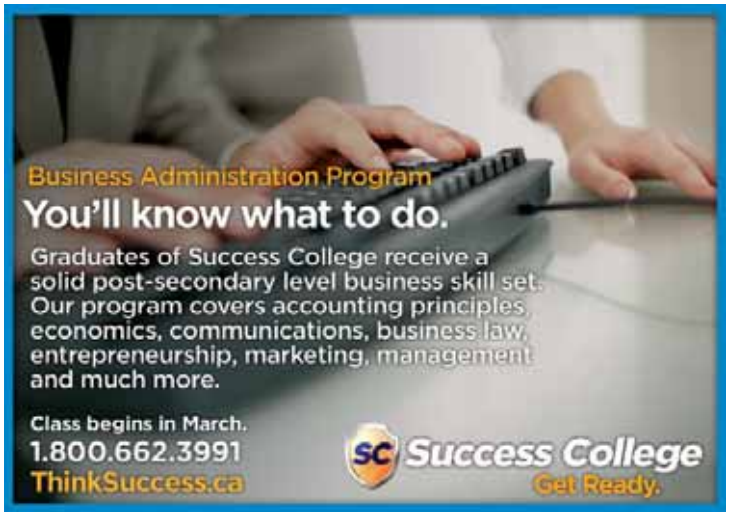
Cameco's shares took a beating on the Toronto Stock Exchange, tumbling nearly 13 per cent to close at $31.70. It wasn't alone: Uranium One fell nearly 28 per cent and Denison Mines Corp. more than 22 per cent.

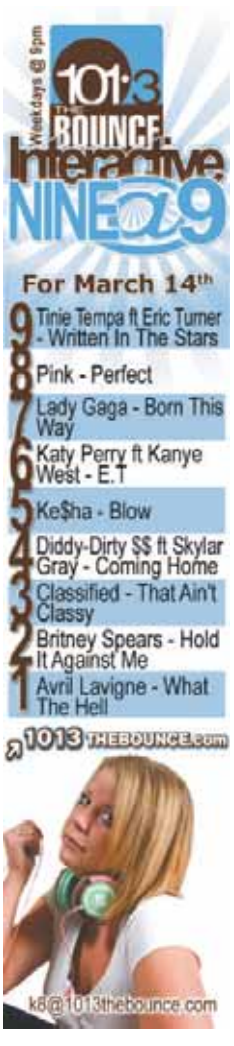
But even as Switzerland and Germany put the brakes on their nuclear programs, observers said China, India and Japan will likely continue to build nuclear plants, which means the uranium stock drops could be a buying opportunity for investors who believe the world's nuclear energy demand will support the industry long-term. THE CANADIAN PRESS

"We at Cameco don't see a dramatic effect on the fundamentals of our uranium business."
JERRY GRANDEY, CAMECO CORP. CEO











APPOINTMENT FATIGUE OVERWHELMING

She says ...

JESSICA NAPIER



For the period of time between the end of university and landing a real job I didn't have any health insurance. So I did what every unpaid intern does — I stopped going to the doctor, the dentist and every other medical professional to try to save money.

When those benefits finally kicked in I started to take advantage in a big way. With the promise of financial reimbursement I began filling up my lunch hours, evenings and even weekends with a long list of appointments. I didn't just schedule an annual checkup — I enlisted a diverse team of medical experts to poke, prod and examine every inch of me.

For more than a year I was under the impression there was nothing wrong with me.

Now, there are an endless number of reasons to visit doctors, dentists, naturopaths (because maybe Western medicine doesn't have all the answers) and a whole range of specialists.

All of these appointments have to be painstakingly organized in my BlackBerry and colour coded in an agenda (yes, that near obsolete thing with paper pages) just in case my digital calendar malfunctions. My time management skills may be improving but I'm starting to develop serious appointment fatigue.

Even my efforts to improve my own health — the high-intensity spinning classes, the backbreaking boot camp — necessitate more medical intervention. I have to recruit chiropractors and physiotherapists just to fix the damage I'm doing to myself.

My strict schedule of self-improvement has left me feeling overbooked and overwhelmed. Now, even the fun activities — an occasional manicure, a day at the spa — have come to feel more like chores.

I have become my own Tiger Mom.

It seems the more I focus on taking care of myself, the more anxiety I feel.

And I know I'm not the only one.

The pressure to push ourselves toward perfection means there is always something more we can be doing and, as a result, we're scheduling ourselves to the point of exhaustion.

But taking care of yourself shouldn't feel like a full-time job. Claiming every penny of my insurance plan just because I can might actually be more unhealthy than skipping out on that annual checkup.

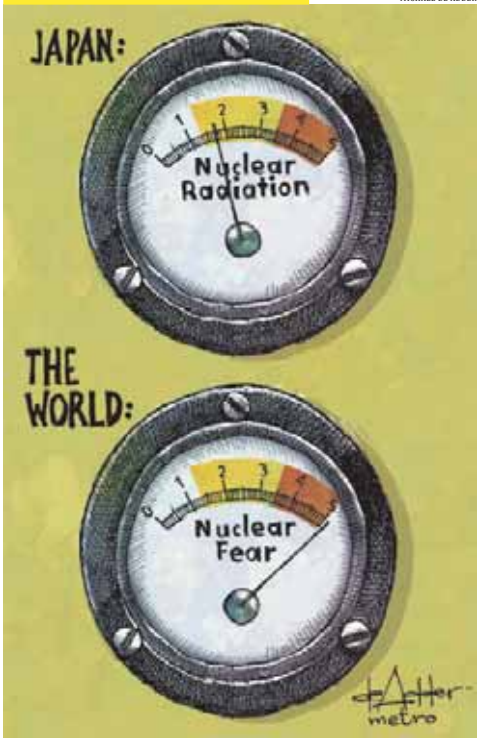
So I'm done with my tyrannical timetable for now — the only appointment left in my agenda is with an accountant.

Because you can always avoid the dentist but you can never, ever avoid your taxes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Turning to web for news

Worth mentioning

The rapid growth of smartphones and electronic tablets is making the Internet the destination of choice for consumers looking for news, a report released yesterday said.

Local, network and cable television news, newspapers, radio and magazines all lost audience last year, according to the Project for Excellence in Journalism, a U.S. research organization that evaluates and studies the performance of the press. News consumption online increased 17 per cent last year from the year before, the project said in its eighth annual State Of The News Media survey.

The percentage of people who say they get news online at least three times a week surpassed newspapers for the first time. It was second only to local TV news as the most popular news platform and seems poised to pass that medium, too, project director Tom Rosenstiel said. Local TV news has been the most popular format since the 1960s, when its growth was largely responsible for the death of afternoon newspapers, he said.

People are just becoming accustomed to having the Internet available in their pockets on phones or small tablets, he said.

THE ASSOCIATED PRESS

Close at hand

THE ASSOCIATED PRESS FILE



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Metro Minute at town hall meeting

There's a strong possibility a federal election is coming soon so it might not be a bad idea to connect with your MP. Megan Leslie, MP for Halifax, is hosting a town hall meeting tonight at St. Mary's University.

A number of topics will likely be covered at the meeting including child care, pensions, medicare and pharmacare, and the upcoming federal budget.

Organizers say town hall meetings allow citizens to "bring your ideas and concerns to a group format for lively discussion, so that Megan can advocate for your priorities in Ottawa."

The meeting starts at 7 p.m. and runs until 8:30 p.m. It will be held in Room 265 in the Sobeys Building at 903 Robie St.

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CONTRIBUTED



▶ Halifax MP Megan Leslie will host a town hall meeting tonight in the Sobeys Building at 903 Robie St.

From Wisteria Lane to neurosurgeon

FRAZER HARRISON/GETTY IMAGES



▶ Dana Delany stars in the new ABC show Body of Proof, which premieres March 29.

Dana Delany takes the lead in new TV series Body of Proof Like her character, the actress had an accident where she injured her hands



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

After three years of doing domestic battle with five other female leads on Desperate Housewives, Dana Delany is taking the lead in Body of Proof. Delany plays Megan Hunt, a brilliant neurosurgeon who turns to forensics after a car accident impairs the use of her hands.

How did this project come to you?

It kind of came out of the blue. I was, you know, very happily on Desperate Housewives, and I got a call from the head of ABC saying, "We've enjoyed having you on Housewives but we don't know how much longer you're going to be on the show." And then he said, "But we have this other show we'd like you to think about." And I was kind of taken aback, but I'm not stupid. I saw the handwriting on the wall, so I thought, All right. Why not? Why not try it?

Is it true you have a strange connection to your character on this show?

I had a car accident right before we started shooting that was almost exactly like the show. It was a week before we started shooting. I was hit by a bus, and I had a concussion, and I broke two fingers. The bus driver asked me for my autograph after she hit me.

Did you give it to her?

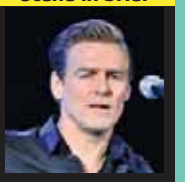
No. (laughs) This is what she said. She said, "Didn't you see me coming?" I said, "Yeah, I saw you coming. You're a bus. I thought you were stopping." And she said, "I know who you are. Could I have your autograph?" (laughs)

You met with a real female neurosurgeon for research. What was her impression of the show?

She said it was really spot-on, because to be a female neurosurgeon at my age would have been almost impossible. You could not really have a life except for that. And she said that she could not get into any medical school because she wanted to be a neurosurgeon. They said, "But you're going to want to get married and have kids, and you're not going to follow through. So we're not going to take you in."

2 scene

Scene in brief



Bryan Adams has confirmed that he's going to be a dad at 51. Yesterday, Adams posted on his Twitter account that a report out of the U.K. is "sort of correct (except for the 'friend' bit)." The Telegraph newspaper reported Sunday that Adams and his personal assistant Alicia Grimaldi are expecting a baby in May.
THE CANADIAN PRESS

Survivor star Hatch presents himself to begin 9-month prison term



Celebrity tweets



Paris Hilton [@ParisHilton]
Watching the news about the huge earthquake and tsunami in Japan. :(My heart goes out to everyone in Japan. Praying for you all.



Kelly Osbourne [@MissKellyO]
hahahaha sorry "driving me potty" is english slang it's like saying "driving me nuts"



Conan O'Brien [@ConanOBrien]
Already filled out my March Madness brackets. I picked "The King's Speech" over UConn.

Charlie Sheen [@charliesheen]



Curveball; Warlock edict; pain & devastation in Japan demands us all to dig deep & LOVE THEM VIOLENTLY Dogspeed my cadres of the Far East! METRO

Did Mila cause Justin's split?

After many years as an item, Timberlake and Jessica Biel recently ended their relationship

ETHAN MILLER/GETTY IMAGES



Mila Kunis

Some insiders have been suggesting Mila Kunis played a major role in the recent split of Justin Timberlake and Jessica Biel.

But the Black Swan actress is blameless in this one, according to People magazine.

"Mila had nothing to do with their breakup. In fact, no one came between them. They decided their relationship ran its course, and it was time to move on," a source says, adding that Timberlake and Kunis are "not in a relationship. They star in a movie called Friends with Benefits, but they're just friends. That's it. They are not together."

METRO

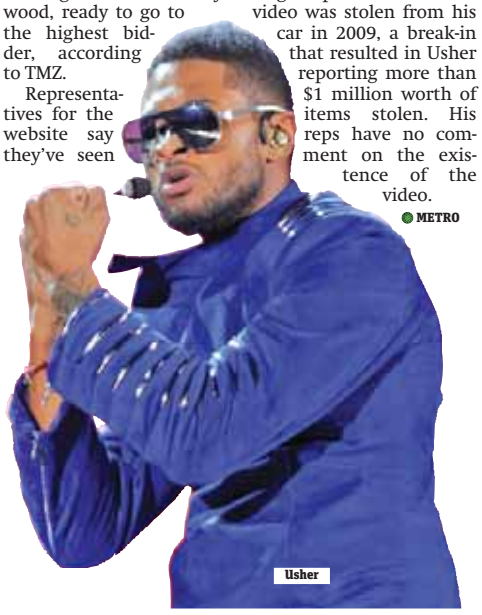
Usher sex tape up for bidding

There is reportedly a homemade sex tape featuring R&B singer Usher and his ex-wife, Tameka Foster, floating around Hollywood, ready to go to the highest bidder, according to TMZ.

Representatives for the website say they've seen part of the video, and they insist Usher is definitely the star.

Sources close to the singer speculate that the video was stolen from his car in 2009, a break-in that resulted in Usher reporting more than $1 million worth of items stolen. His reps have no comment on the existence of the video.

METRO



Usher





Healthy TEETH, healthy YOU

Extend your life by 10 years by simply brushing your teeth If you're feeling bloated, a lack of dental hygiene could be to blame

CELIA MILNE
LIFE@METRONEWS.CA

Don't get down in the mouth.

Caring for your teeth and gums is as important to your overall health as exercising, not smoking and not overeating. If you are pregnant, it could even prevent pre-term birth.

"You can't have good overall health without good oral health," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry and director of the International Centre for Oral-Systemic Health in Winnipeg.

When you don't brush and floss properly, the biofilm (a layer of protein) on the teeth becomes loaded with bacteria.

The bacteria accumulates on the teeth and causes swelling and destruction of gum tissue. Once that inflammation develops, it's not limited to the mouth. It contributes to whole body inflammation because the oral bacteria and molecules involved in swelling enter your blood stream.

This chronic inflammation in the body can make illnesses such as diabetes, atherosclerosis, heart disease, arthritis and colds worse, says Iacopino. It can also raise the risk in pregnant women that they will have premature labour or a low-birth-weight baby.

He suggests brushing and flossing twice a day (morning and night). Even rinsing with mouthwash is better than nothing. "Poor oral health has been linked to serious systemic diseases and poor quality of life as one gets older. For best health and enjoyment of life, pay attention to your oral health and make sure you do not have inflammation around your teeth." Common signs of oral problems are bleeding, loose teeth and constant bad breath. Iacopino suggests most people visit a dental professional for cleanings every six months. High-risk people — people with heart disease, diabetes or pregnant women — should visit the dental office more often.

Need more reason to take care of your mouth? Iacopino says, "Brushing and flossing have been linked to a 10-year increase in life expectancy."



PREGNANT? RINSE YOUR MOUTH

A new study done in Pennsylvania has found that pregnant women who rinse with mouthwash have a lower risk of giving birth earlier than those who don't.

Other studies have found a link between gum disease and pre-term birth.

"For pregnant women who can't brush or floss their teeth as much as they'd like to, something as simple as using an antimicrobial mouthwash once a day can significantly reduce the chances of adverse pregnancy outcomes (premature labour or low birth weight)," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry.

CELIA MILNE

3 life

Did you know?



The best time to brush your teeth is about an hour after eating.

After we eat, bacteria on the teeth make acid from the sugars in the food. The saliva has a natural ability to remineralize the teeth after this acid attack.

Waiting an hour after eating until you brush your teeth gives your saliva a chance to do its job of rebuilding tooth enamel.

CELIA MILNE

Study suggests lower stroke risk in women who drink at least a cup of java a day

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Feed yourself, feed your skin

ROMINA McGUINNESS
LIFE@METRONEWS.CA

Over the years, cosmetic junkies have bought as many "promises of eternal youth" in overpriced jars as they have jam pots.

Perhaps the answer lies outside the department store.

We spoke to Oprah-approved Dr. Nicholas Perricone, author of The Wrinkle Cure, and left with this advice: Stop looking in the mirror, and instead look on your plate.

Perricone says an anti-inflammatory diet is the key to wrinkle-free skin. He says inflammation speeds up the rate at which collagen — the skin's "glue" — is broken down. By eating the recommended foods, you'll be protecting your collagen.

Here are some of Perricone's tips for better skin.

- **Exercise:** The skin of those who exercise regularly has proven to contain healthier collagen, necessary for skin strength and flexibility.
- **Short Naps:** They give you extra energy, making you more alert and productive throughout the day.
- **Diet:** Sugar (all forms), processed foods, pasta, bread, and snacks such as chips and pretzels all cause a highly destructive pro-inflammatory response in our bodies.

THINKSTOCK



Green Tea

Rich in antioxidants, green tea helps fight inflammation and age-accelerating free radicals. What's more, green tea contains a compound, theanine, that acts as a natural mood elevator.

FLICKR-SDIDDY



Cinnamon

The active ingredients found in this super spice trick the cells into mounting their own defence against ageing. No more than one quarter of a teaspoon a day helps prevent wrinkle formation.

THINKSTOCK



Fish

Wild Salmon is one of the best sources of heart-healthy protein and is rich in omega-3 essential fatty acids. It inhibits inflammation, helping keep the skin looking young, radiant and supple.

THINKSTOCK



Extra Virgin Olive Oil

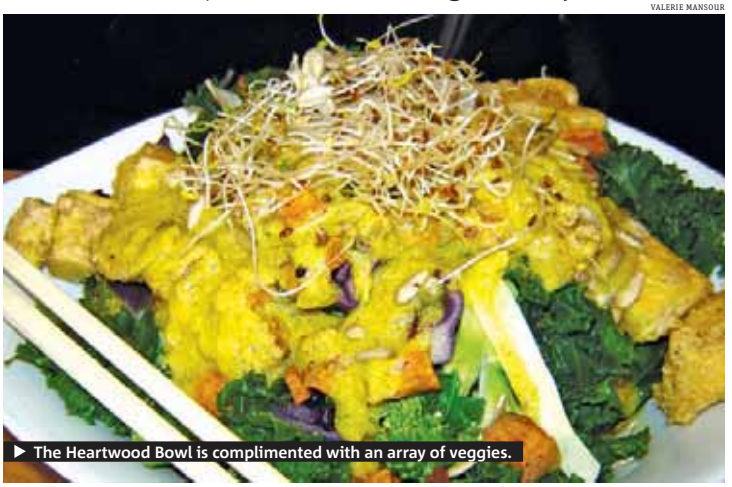
Virgin olive oil contains abundant amounts of the antioxidant polyphenol, and the essential fatty acids in olive oil nourish the skin and provide anti-inflammatory activity.



Where healthy meets great taste

Heartwood Bakery and Café offers organic vegan cuisine that is not just delicious, but good for you, too

VALERIE MANSOUR



The Heartwood Bowl is complimented with an array of veggies.

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Heartwood is an oasis on busy Quinpool Road offering organic vegetarian cuisine that is not just healthy, but also rich in flavour.

There are many options including salads, soups, sandwiches, pizza and veggie burgers.

And, of course, there's tofu — even a tofu steak.

Items are marked gluten free and vegan.

My companion selects a Heartwood Bowl: A choice of brown rice or vermicelli noodles with sauce selections including tomato and spicy peanut. She has coconut curry on rice.

It arrives with a colourful array of veggies, sprouts and tofu. The large serving oozes with flavour from fresh ginger and chili peppers.

I try the day's special, a Cauliflower Curry Burrito with bits of tofu and veggies including carrot and cauliflower inside a whole-wheat wrap. With a salad of greens, sunflower seeds, sprouts and carrots, it's a grand lunch.

Heartwood is all about good health and good flavour.

Heartwood Bakery and Café
6250 Quinpool Rd.
425-2808
heartwoodbakerycafe.ca
Price range: $$$
Rating: 4 out of 5

CATFISHINSTITUTE.CA

Bronzed Catfish



EMILY RICHARDS
FOOD@METRONEWS. CA

Looking to add spice to a weeknight meal? Try catfish and enjoy the flavours of the South.

Preparation:

1. In a small bowl, combine paprika, oregano, thyme, onion and garlic powder, salt, black and cayenne peppers. Sprinkle both sides of fish with spice mixture, patting into fillets.
2. In a large non-stick skillet, heat oil and butter over medium-high heat. When it begins to bubble, add fillets. Cook for 4 minutes per side or until fish flakes easily with a fork.
3. Serve each fillet with a wedge of lemon for squeezing over top.

CATFISHINSTITUTE.CA

Ingredients:

- 2 tsp (10 mL) each paprika, dried oregano and thyme leaves
- ½ tsp (2 mL) each onion powder and garlic powder and salt
- ¼ tsp (1 mL) black pepper
- Pinch cayenne pepper
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tsp (10 mL) olive oil
- 1 tsp (5 mL) butter
- 4 lemon wedges

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Giving globally

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Perhaps you'd like to participate in the economic juggernaut of China.

You might also be feeling the siren call of India and the hard charging South Korea. And what about Latin America, which may be the next stock market big thing?

The problem investors face is wading through tens of thousands of stocks, ETFs and mutual funds in order to pick investments in those far flung places.

There is a better way. Take advantage of the strong loonie and don't stray from the United States.

Think of it as investing the way Arnold Swartzeneggar went on holiday in the movie Total Recall. He plugged into a machine that transported him around the galaxy. You can do more or less the same thing with your investments.



▶ When doling out your dough it pays to think globally.

Here's an interesting stat: Over 40 per cent of the revenue generated by companies in the S&P 500 Index comes from outside the United States.

According to RBC analyst Rajan Bansi, YUM, which operates the KFC brand in China, gleans roughly one-third of its revenues from that country alone.

Bansi also points out that McDonald's, long a global presence, earns over 50 per cent of its revenues outside the United States and Coke clocks in at 70 per cent.

You don't need to focus just on food and drink to get global exposure with U.S. companies.

Colgate-Palmolive, that staple of conservative investors, generates over 50 per cent of its revenues in countries other than the U.S.

An advantage to global investing through North America is that most of the large companies doing business around the globe also pay good dividends, which have proven to be quite stable over time.

Here's another benefit to investing globally this way. If you have concerns that the U.S. is still a long way from any kind of sustained recovery, companies with a large percentage of revenues generated elsewhere will be less vulnerable to any continued flatness or further decline in our southern neighbour's fortunes.

Money matters

Projected 2011 Gross Domestic Product Growth Rates

U.S.	2.6%
India	8.3%
China	9.6%

DON'T LIMIT YOURSELF

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS @METRONEWS.CA



How does a single parent date? And how are we supposed to scope out the other single parents at the park without looking like we're trying to pick up happily married spouses, and do all that without letting your child fall off the jungle gym? And once you're out with someone — parent or not — how much do you talk about your child?
All questions, no answers.

Dear AQNA,

I'll focus on the jungle gym question since I still play on them. First priority is safety. I'd suggest a harness. Or maybe those leashes that make kids look like dangerous pets with rabies.

If this fails, you should be a sprint away from karate chopping a potential kidnapper. While keeping a watchful eye, approach your prey from the side. No one likes people creeping up on them from behind. Crack some lame joke about parenthood.

You'll chat about things like the quality of the sand in the sandbox, at which point your target should mention something about his partner, and since you've kept it neutral, no one is embarrassed. Now you can make a graceful exit or network. After all, other parents can be a great source of play dates and even match you up with their hot, single and kid-friendly neighbour.

Andrea

Dear AQNA,

When we're around other single parents, it's because we're with our own children, so the best you can do is hope that your kids will either play together or attack each other so that both parents have to intervene, and POOF! Cupid will strike. Except that only happens in movies.

Here's what not to do (I know because I've done it).

1. Don't limit yourself. There are non-parents out there who can care about your child almost as much as you do, simply because he/she is yours (although many single men suffer from what I call the "National Geographic effect" and react like animals in the wild, who would rather eat another male's child than feed it). But they exist — they're like the truffles of the romantic world, a rare delicacy.

2. If you date a non-parent, let them know you have a child, but not in a defensive tone. Just remember that unless you want to talk about your date's job/pet/family all night, you shouldn't bore them with burp stories.

Claire

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4 sports

Marchand held accountable by B's

For all his success with the Boston Bruins this season, Brad Marchand found himself benched toward the end of last Friday's game against the New York Islanders.

"Yeah, there was a message to be sent," Marchand told the Patriot-Ledger newspaper on the weekend. "I know that lately I've been taking a lot of bad penalties, and I think (Bruins head coach Claude Julien) just wanted to let me know to kind of smarten up, before it gets out of hand."

According to the newspaper, Marchand resumed skating in his usual spot on Patrice Bergeron's left wing at practice on Sunday.

The 22-year-old from Hammonds Plains is fifth in NHL rookie goal-scoring with 19 among 35 points in 65 games. But he hasn't scored in eight games after tallying 14 goals in a 26-game stretch in January and February.

"He's been a good player for us all year," Julien told the Patriot-Ledger. "It's just that at some point, you've got to be accountable for your actions — it's as simple as that. I expect him to bounce back next game, and play as well as he has for us all year." MATTHEW WUEST

NICK LAHAM/GETTY IMAGES



▶ Brad Marchand

Sid back on blades

Pittsburgh captain 'not thinking too far ahead as far as a time frame'

Penguins centre Sidney Crosby returned to the ice yesterday for the first time since missing 29 games with a concussion. But when the Cole Harbour native will return is still anyone's guess.

"I have no clue," Crosby said. "I just want to get better. This is part of the way to do that. I'm just kind of taking that step and seeing how it goes."

Crosby, who last played on Jan. 5 in an 8-1 win over Tampa Bay, practised in full gear for about 15 minutes at the Consol Energy Center. It was a light workout with a skating drill around some cones, and a few shots on net.

"I've had some good days here the last few, and I was able to get on a bike and exercise a bit. I didn't have any symptoms doing that," Crosby said. "I was given the opportunity to skate, the doctors said I could give it a try and see how I feel."

The Penguins, without Crosby and injured forward Evgeni Malkin (knee), have stayed afloat in the Eastern Conference playoff race. They have 88 points, and are just three points behind first-place Philadelphia.

"It's a step in the right direction. It doesn't mean that today I won't have symptoms, and I'll have to kind of step back a bit."
SIDNEY CROSBY

Crosby also weighed in on the general managers' meeting underway in Florida. The GMs, under pressure to address headshots in the league, announced a new protocol yesterday ensuring every player showing symptoms of a concussion must go to the dressing room and be examined by a doctor.

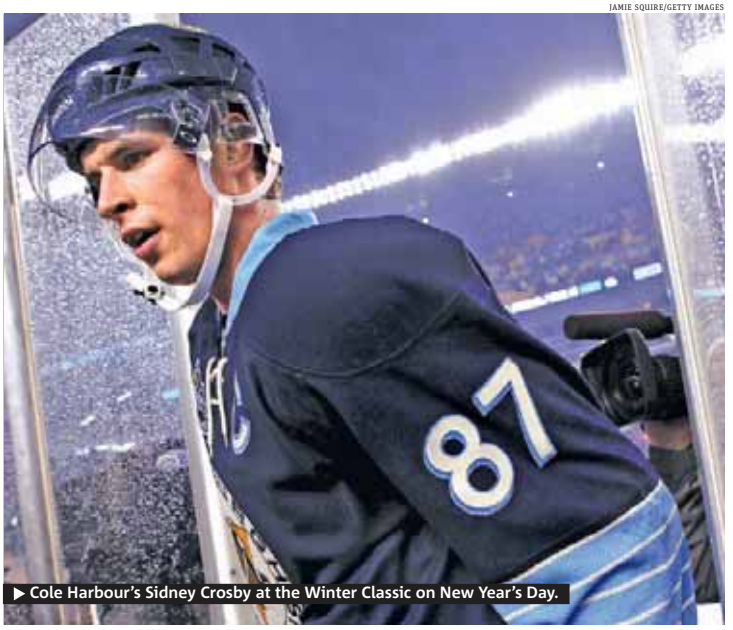
"There's obviously got to be some clarity," said Crosby.

"Everything's got to be looked at. It's a pretty fast game. There may be times when guys maybe don't (aim) for the head but come into contact with the head. What do you do in that situation?"

Crosby's return to the ice comes a week after a surprising radio report out of Toronto, in which FAN 590 host Bob McCown floated the idea that family members were trying to convince him to retire. The notion was quickly debunked.

When asked post-practice if he ever considered retirement, Crosby's reply was a quick "no."
THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES



▶ Cole Harbour's Sidney Crosby at the Winter Classic on New Year's Day.

Quoted



"There's no one single thing causing concussions. There is no magic bullet to deal with this ... But dealing with this issue is not something you can do whimsically or emotionally."
NHL COMMISSIONER GARY BETTMAN, WHO ANNOUNCED YESTERDAY AT THE NHL GENERAL MANAGERS' MEETING A RULE REQUIRING PLAYERS DISPLAYING SYMPTOMS TO BE GIVEN A BASELINE TEST IN A QUIET LOCATION BEFORE RETURNING TO THE ICE. CHANGES WILL BE IN PLACE BY THE END OF THE WEEK.



Rainmen reeling after losing 'go-to guy'

- Battle for final PBL playoff spot suffers huge blow with Dollard injury
- Search for replacement is on with Saint John Mill Rats in town Thursday



MATTHEW WUEST
@METRONEWS.CA

RYAN TAPLIN/METRO



▶ Josh Dollard

A rough month got a lot worse for the Halifax Rainmen yesterday.

The Rainmen, whose grip on the final Premier Basketball League playoff spot has loosened with five losses in their past seven games, have learned they likely will be without leading scorer Josh Dollard for the rest of the season because of a torn calf muscle, according to owner Andre Levingston.

Dollard, a six-foot-nine forward, was averaging 34 points and 14 rebounds over his past three contests and is sixth in PBL scoring with 17.1 points per game.

"That's a big loss," said Rainmen head coach Mike Evans. "He's your go-to guy, the guy you go to when you need a basket, the guy who carries the team offensively and makes plays to help us win.

"Losing him is really, really crucial. I don't even know what you do with that."

The Rainmen have now lost their top two scorers over the past month, with guard Mike Mercer — averaging 14.5 points through 10 games — leaving for personal reasons on Feb. 14.

The Rainmen are working on finding a replacement and are taking a look at six-foot-eight Marcel Jones, a former Oregon State standout, and six-foot-six Leroy Hickerson, a high-flying dunker.

Players must appear in four regular-season games to be eligible for the PBL playoffs.

The Rainmen, who have five games remaining, have already had 20 different players and 16 different starters. Making significant changes at this stage is far from ideal.

"That's what I'm learning about the minor leagues … If you can stay healthy you have a chance, but if you have injuries it's almost starting over," Evans said. "You've got to find guys who can help you right away, and then you have chemistry issues. And time is of the essence."



"I don't think there's been a guy in the league who can do what Josh can do … Josh is one of the top 1-2 guys this league has seen."
RAINMEN OWNER
ANDRE LEVINGSTON

PBL Standings

	W	L	Pct	GB
X- L.-FORTSILL	14	2	.875	—
QUEBEC	11	5	.688	3.0
ROCHESTER	9	7	.563	5.0
HALIFAX	8	7	.533	5.5
SAINT JOHN	7	7	.500	6.0
KENTUCKY	5	13	.278	10.0
DAYTON	3	13	.187	11.0

X- Clinched playoff spot

Rochester surges past Halifax

The Rochester RazorSharks, all but written off a month ago, have suddenly won five straight games and are third overall in the PBL.

The RazorSharks, who won two straight PBL titles before falling to the Lawton-Fort Sill Cavalry in last year's final, have pulled off an emphatic recovery from a 2-6 start.

With a relatively easy schedule the rest of the way, the RazorSharks' emergence will likely leave Halifax (8-7) and the Saint John Mill Rats (7-7) to battle for the fourth and final playoff spot.

METRO

Sports in brief

Habs owner talks to team

NHL. Montreal Canadiens chairman Geoff Molson sought to reassure his players that safety improvements are coming to the Bell Centre.

He visited the locker-room yesterday to discuss the incident involving Boston's Zdeno Chara and Max Pacioretty and why he went public with criticism of the NHL.

THE CANADIAN PRESS

UFC buys up Strikeforce

MMA. The UFC added 140 fighting recruits in its battle to go global yesterday purchasing rival Strikeforce.

Co-owner Lorenzo Fertitta said the UFC wants a larger presence in places like Europe, Asia and Australia.

THE CANADIAN PRESS

World Vision

Japan devastated by quake and tsunami



AP Photo/Kyodo News

World Vision needs your help to provide immediate humanitarian relief to the children and families of Japan.

On Friday, north-eastern Japan was struck by a 9.0 magnitude earthquake – one of the most powerful earthquakes in recorded history – triggering a powerful tsunami. Thousands have lost their lives and entire towns have been washed away.

Children urgently need your help.

More than 200,000 children and families have been displaced. Children are spending bitterly cold nights in the open without food or water.

World Vision is there.

At this moment, our staff is on the ground, working to ensure that relief gets to those who need it most. Additional disaster response experts are on their way to assist in assessing and responding to the most urgent needs.

Please act now to protect lives!

To rush emergency supplies to the children and families of Japan who desperately need help now, call **1 800 654-2650** or donate now at **worldvision.ca**.

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Full Season & Student Break
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Cars & Trucks for Sale

DARTMOUTH Chrysler Jeep Dodge RAM
Where New Santa Comes to Save!
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2010 PT Cruiser Touring Edition
$13,995 or $129 bi-weekly
$0 down, taxes & fees included
STK# CH213908


2010 Dodge Avenger SXT
$15,977 or $ 139 bi-weekly
$0 down, taxes & fees included
STK# CH171111


2010 Chrysler Sebring LX
$13,995 or $129 bi-weekly
$0 down, taxes & fees included
STK# DC104254


2010 Dodge Demon
Fully loaded with leather
$19,995 or $169 bi-weekly
$0 down, taxes & fees included
STK# CH236157


2010 Dodge Grand Caravan SE
Plus with DVD
$21,977 or $179 bi-weekly
$0 down, taxes & fees included
STK# CH259462


2010 Jeep Patriot 4X4
Fully equipped Grizzly Edition
$21, 495 or $179 bi-weekly
$0 down, taxes & fees included
STK# CH609205


2010 Jeep Compass 4X4
Fully equipped Grizzly Edition
$21, 495 or $179 bi-weekly
$0 down, taxes & fees included
STK# CH581088


2010 Jeep Grand Cherokee Limited
Fully loaded with leather & sunroof
$31,995 or $249 bi-weekly
$0 down, taxes & fees included
STK# CH132900


2009 Toyota Corolla CE
Auto with air
$13,995 or $129 bi-weekly
$0 down, taxes & fees included
STK# 10GV1228A


2007 Dodge Ram 1500
5.7l Hemi 4X4
$18,995 or $179 bi-weekly
$0 down, taxes & fees included
STK# CH541662

AUTOMOTIVE

Cars & Trucks for Sale


2004 Mustang Convertible
6cyl. loaded, cloth
87,000km
$12,985 or $163 b/w oac.
Motormart - 407-4200


2006 Toyota Rav 4
6cyl. loaded, cloth, 4x4
92,000km
$15,985 or $163 b/w oac.
Motormart - 407-4200


2007 Cadillac CTS
6cyl. auto, loaded, leather, sunroof
53,000km
$20,985 or $182 b/w oac
Motormart - 407-4200


2007 Jeep Compass 4X4
4cyl. Auto, A/C, Cloth
35,000km
$14,985 or $131 b/w oac.
Motormart - 407-4200


2007 Mini Cooper
4cyl. Turbo, leather, sunroof
89,000km
$18,985 or $165 b/w oac.
Motormart - 407-4200

Cars & Trucks for Sale

Cars & Trucks for Sale


2007 Mitsubishi Outlander AWD
6cyl. Auto, Loaded, Cloth
55,000km
$19,985 or $174 b/w oac.
Motormart - 407-4200


2008 BMW 128I
5 speed, loaded, leather, sunroof
56,000km
$26,985 or $233 b/w oac.
Motormart - 407-4200


2008 BMW 530I
6cyl. loaded, leather, roof
49,000km
$30,985 or $268 b/w oac.
Motormart - 407-4200


2010 Chevrolet Camaro
6cyl. Loaded, leather
27,000km
$26,985 or $205 b/w oac.
motormart.com


2010 Ford Raptor
8cyl. loaded leather, sunroof, 4x4, 40,000km
$43,985 or $332 b/w oac.
Motormart - 407-4200

REAL ESTATE

Condos, Townhouses & Duplexes For Sale

61 Nelsons Landing Blvd, Unit 104
$148,000 - 1 Bdrm Condo with open concept, Large Bdrm, Living Rm and Dining Rm, Laminate floors. Gym and outdoor pool .
Joe Faddoul 830 6688
EXIT REALTY CITADEL

Condos, Townhouses & Duplexes For Sale

Condos, Townhouses & Duplexes For Sale


621 Portland Hills Dr # 404
$239,900 - 2 Bdrm + den condo with 2 Baths, open concept, gym, outdoor pool w/ storage & prkg in bdlg.
Yolande Mason
902 478 3197
ymason@ns.sympatico.ca
EXIT REALTY CITADEL

Houses For Sale


122 Seligs Rd -$189,900
Open house Sunday 2-4pm, 4 Bedrms, 2 Baths spacious home with self-contained in-law suite.
Please contact
Rick Meredith
902 830 5139
rick.meredith@eastlink.ca
EXIT REALTY CITADEL


3 year old Halifax home was custom designed with many upgrades such as hardwood floors, custom cabinetry with Corian countertops, center island, open concept kitchen. Formal dining room as well, but could be cozy den/office. Finished basement with walkout; rec room, office area, play room, storage and bath. The 2nd floor has 3 bedrooms, the master has an ensuite with jacuzzi tub and walk in closet. Lot is fully landscaped and has cemented driveway. Close to schools and shopping. Contact Tamara at (902) 497-7858; or email: tamara@whitestonedevelopments.ca

Cars & Trucks for Sale

I WILL PAY THE TRANSFER FEE!

Looking for lease take-over of my 2008 Yaris Hatchback

- **Lease ends: Nov. 18, 2012**
- **31,000km (96,000kms/lease)**
- **Warranty: Toyota Full Extra Care Protection Plan**
- **Dealer inspected Jan. 8, 2011**
- **2 sets of tires (all season & studded)**
- **Non-smoker, underground parked**
- **Lease Payment: $331.20/month**
- **Automatic, excellent condition**

Central Halifax
830-0763 • Please call after 5pm

Condos, Townhouses & Duplexes For Sale

Condos, Townhouses & Duplexes For Sale

Red DOOR REALTY

Downtown Condo
Newly Renovated



Spring Garden Road - Captivating views from this renovated and modern downtown condo. 1BDRM, Balcony, h/w floors and only $157,900.



Call Michael at 902-292-7786
michael@reddoorrealty.ca

Houses For Sale

Houses For Sale

NEW CONSTRUCTION SEMI-DETACHED HOMES
Midyat Court, Eastern Passage, Starting at $224,900

BRAND NEW CONSTRUCTION in Eastern Passage on a brand new cul-de-sac! Austin Contracting brings you these 3 bedroom semi-detached homes finished with beautiful finishes. On the main level you have a very open-concept, which includes a living room opened to a good size den. There is also a large kitchen open to a dining room. On the 2nd level you have your master bedroom with a walk in closet and en suite. There are also 2 other good-sized bedrooms, main bathroom and laundry room.

*Ask about our finished basement package

Austin
EXIT REALTY CITADEL



Call Joe Faddoul for more info:
902-830-6688
jfaddoul@eastlink.ca

Houses For Sale


328 Rolling Hills Dr- $279,900
Chalet Style, 3 Bdrm, 2.5 Baths, Upgraded kitchen and bath,4 decks, water view, Landscaped. Call for private viewing:
Rick Meredith: 830 5139
rick.meredith@eastlink.ca
EXIT REALTY CITADEL


40 Westwood Blvd - $319,900
Open House Sunday 2-4pm, R-2000 Home with 5 Bdrms, 3 Baths including Master en-suite and hardwood/ceramic floor
Please contact :
Rick Meredith
902 830 5139
rickmeredith@eastlink.ca
EXIT REALTY CITADEL


40 Westwood Blvd - $319,900
Open House Sunday 2-4pm, R-2000 Home with 5 Bdrms, 3 Baths including Master ensuite and hardwood/ceramic floor
Contact Rick Meredith
830 5139
rickmeredith@eastlink.ca
EXIT REALTY CITADEL


618 Waterstone Run- $363,500
2 Stories on 3 acre lot, 3 Bdrm, 3.5 Bath, 60ft water frontage on Webber Lake, Lg deck & above ground pool.
Yolande Mason
902 478 3197
ymason@ns.sympatico.ca
EXIT REALTY CITADEL

Commercial Real Estate

Established, fully equipped pizza store in a busy strip mall, for lease in New Glasgow. Rent $1500 a month.
Contact Dinesh 1-877-704-6226

MERCHANDISE

Antiques & Art

Art Collection: Tom Forrestall, Dusan Kadlec, original paintings. Payne Stewart signed golf ball and picture, framed.
902-456-6045 Please leave Message.

Merchandise for Sale

20' and 40'
Long Steel Storage Containers
Call Peter
902-476-0569

END OF SEASON SNOWBLOWER SALE!
Honda 724 TC
Regular $2,999
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Lawn & Garden

END OF SEASON SNOWBLOWER SALE!
Honda HS 622 TC
Regular $1,999
On for $1,899
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Lawn & Garden

Garage/Yard Sales

THE SALVATION ARMY
MISSIONS BENEFIT PROGRAM INVITES YOUR SUPPORT AT OUT
ANNUAL YARD SALE
WHEN : Saturday, April 2nd, 2011
9:00 am - 1:00pm
WHERE: 171 Pleasant Street.
Woodside, Dartmouth
902-469-3608
FREE ADMISSION
Tea/coffee and light refreshments $1.00
Hot Dogs $2.00

Merchandise for Sale

END OF SEASON SNOWBLOWER SALE!
Honda TCS 22
Regular $2,199
On for $2,099
(902)455-5835 /maritimelawnandgarden.ca
Lawn & Garden

END OF SEASON SNOWBLOWER SALE!
Toro 826
Regular $1599
On for $1349
(902)455-5835 /maritimelawnandgarden.ca
Lawn & Garden

ROLEX FOR SALE:
Ladies two tone gold and titanium Rolex. Waterproof.
Only 3 years old.
Purchased for $6500 selling for **$3500.**
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PETS

Dogs

Cavelier King Charles Spaniel Pups - 1 Tri-male- 6 months, 2 Blenheims - 1 male/ 1 female - 4 months, and 2 female Rubys, born Nov.15/10. Call for more info 902-765-0885

Hi my name is Nine! I am an all Black American Pit Bull Terrier. I am looking to stud. I am healthy and well mannered! Please call my person Bianca at 902-483-9859

I'm Charlie a Stud Pug. I have been checked, now looking for a girlfriend. I'm purebred, all black in color. If interested for a date please call 902-461-9129

PERSONALS

Personals

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www.angels123.escort-site.com

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cndygirls.escort-site.com

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880-1253

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Combinations Available.
Opening in PEI soon!
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metro

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General Services

Moving? Downsizing? Clearing an Estate?

I am interested in buying vintage and antique items of every kind. I am a specialist in old/antique costume and gold jewellery, dolls, old bears, toys and artwork. Also interested in artwork, nautical, hooked items, furs, sterling items, and many other items. I am experienced and reputable and I can make house calls. Save this ad!

Call 443-6014.



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Spray Foam Insulation
www.hfxinsulators.com

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TREE CUTTING SERVICES - Over 20 years exp. From full tree removal, limbing, pruning and chipping. Free estimates. Senior discounts. Fully Insured. 902-981-5651/902-256-2436

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1 800 527-6767

Junk Removal

TIME TO TOSS IT
Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

Trades

ANNOUNCEMENTS

Weddings



Host a Passion Party for the bride to be. Earn free products as gifts for the bride. Serving the Halifax Regional Municipality. Contact 902-405-0261

Community Events

Jade Stone Massage Workshop Excellent foundation for RMT's & Estheticians. April 2-3 @ CCMH. Call Shelley 1-877-545-4433visit www.southwindjade.com

LIVE AUCTION - Fund Raiser

Clayton Park Jr High School will be holding a live auction in support of the Grade 9 trip to Montreal and Quebec City.
Friday March 25, 2011
6:00 to 7:00 Viewing
7:00 to 9:00 Auction
Winston's Pub
278 Lacewood Dr, Halifax
To make a donation please call Karni 444-8329

Community Events

OneMatch
March 22 11am to 4pm
Room 224 at the DAL Student Union building.
www.OneMatch.ca 1-888-2-Donate

SCRAPBOOK?

Scrapbook All Day Your Way!

Location is in Eastern Passage.
Date: Saturday May 14th
Time: 9am to 6pm
Beginners are welcome too!
Stress free event!
Door Prizes!

24 spaces available.
http://ca.mycmsite.com/sites/sharon-sweeney
902-471-7797

"Understanding and Treating Health Anxiety and Hypochondriasis" is a free, catered, public event proving information and promoting dialogue on definitions and epidemiology of health anxiety, causes of health anxiety, and treatments for health anxiety at Cafe Istanbul (5986 Spring Garden Road, Halifax) on Sunday, March 20th, at 1:00 PM. Be there!



Spiritual

Pilgrimage to the 3 major shrines in Quebec, Ste. Anne de Beaupre , Notre -Dame -du-Cap and St. Joseph. From June 18- 25 at a cost of $655.00 includes transportation, motels, and 11 meals. Downpayment of $125.00 by March 18th and the remainder May 18th. For info contact Juanita Bates at 902-466-0625 or Michael Shaw at 902-454-6074.

Community Events



BENEFIT FOR BUST A MOVE

Must RSVP by 4pm today

Join team Metro News to sample a variety of wines, beer and fine cheeses!
Saturday, March 19 • $40
7-10pm at Palooka's Gym
2110 Gottingen Street
Provided by
HARVEST WINE & SPIRITS

444-8327 • saturdaysip@gmail.com
Tickets available at:
Metro News, 3260 Barrington Street
Smoke Shoppe, 7071 Bayers Rd
(across from TD, old Bayers Rd Mall

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MISCELLANEOUS

Miscellaneous



It's never too late to make an Impression. Express yourself with one today!
902-252-1564
www.FruitfulExpressions.ca

Does your parrot talk too much?

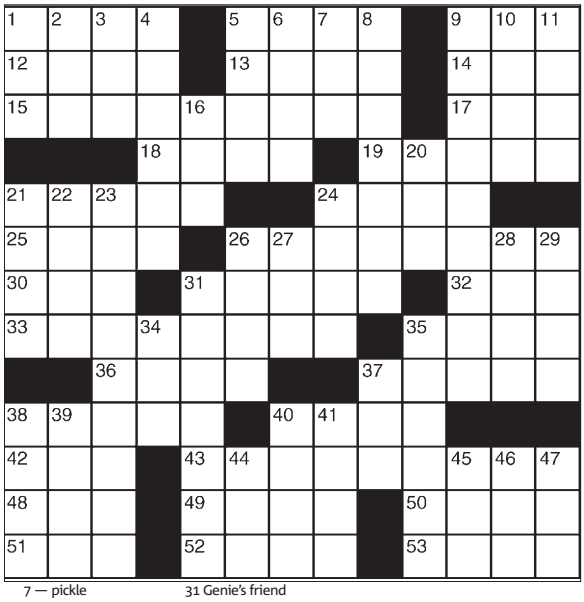
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metro

Crossword



Across

1 Mideast gulf
5 Coasted
9 — Na Na
12 Son of Jacob and Leah
13 Top-rated
14 Glutton
15 2010 ballet movie
17 "— Town"
18 Smooch
19 "Turandot," e.g.
21 Wan
24 Impale
25 String instrument
26 Urged
30 Mess up
31 19-Across solos
32 Atmosphere
33 Fidgety
35 Farm fraction
36 Historic times
37 Distorted
38 "— on a true story"
40 Johann Sebastian —
42 "Yecch!"
43 Topic that's over and done with
48 Pair
49 Grooving on
50 Autumn tool
51 Witness
52 Untouchable Eliot
53 Kuwaiti leader

Down

1 Priestly vestment
2 Atl. state
3 Gabor or Peron
4 Jefferson's on it
5 Lip
6 Depressions
7 — pickle
8 Means
9 One who gives you a shine
10 Day portion
11 Taj Mahal city
16 Relatives
20 Chum
21 State
22 Beget
23 Good luck symbol
24 Hot tubs
26 Enrages
27 Wrong (Pref.)
28 Limerick's land
29 Sketched
31 Genie's friend
34 Uno, due, —
35 On the beach
37 Interlaken interjection
38 Unopened flowers
39 Chills and fever
40 Belfry fliers
41 Commotions
44 Away from WSW
45 Aries
46 Tackle moguls
47 Always, in verse

▶ Weekend's answer

E	Y	E	D	■	I	R	S	■	H	U	R	T		
M	A	R	I	A	C	H	I	■	O	P	U	S		
S	W	E	A	T	B	O	X	■	B	O	N	A		
■	■	■	D	O	M	■	T	A	N	N	E	R		
B	L	E	E	P	■	T	Y	C	O	■	■	■		
B	A	L	M	■	C	A	S	H	B	O	X	■		
C	O	M	■	M	A	R	I	E	■	G	I	N		
■	S	O	A	P	B	O	X	■	G	R	I	P		
■	■	■	K	A	A	T	■	T	H	E	I	R		
M	E	N	I	A	L	■	A	R	E	■	■	■		
I	T	E	M	■	I	D	I	O	T	B	O	X		
S	C	A	B	■	S	O	L	I	T	A	R	Y		
T	H	R	O	■	M	G	S	■	O	Y	E	Z		

Sudoku

	4	1					5	
9					1		6	
6			9		3	1		
	1			3		7		5
3		8		6			2	
		9	1		5			4
	8		4					7
	2					5	9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer ▶

1	5	6	2	7	9	4	8	3
7	8	4	5	1	3	2	9	6
3	2	9	8	4	6	5	7	1
8	6	1	4	3	7	9	5	2
4	9	7	1	2	5	6	3	8
5	3	2	6	9	8	7	1	4
6	7	5	3	8	2	1	4	9
2	1	8	9	5	4	3	6	7
9	4	3	7	6	1	8	2	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Honeybon, in anytime and in any date, here for you my Valentine today and the rest of the year too. Happy Not-Valentine Day babe. Love you much.
YOUR COCONUT (THE ORIGINAL 1)

Michelle M. I do love you. I think of you every day. **TIM**

Honey! Over the past year and a half, we have grown so close and I cant imagine being with anyone else. I Love you with my whole heart. And I love being A Squared **KISS KISS**

Mr. Mikhailovski; Morals and Responsibility. Loyalty and Family ties. Honour and Betrayal - You have showed me valuable life lessons and for this I love You.
MISS YAPP

Today 2°/-5° Sunny
Wednesday 4°/2° Partly cloudy
Download WeatherEye to your smartphone.
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Take life as it comes today, and leave yourself plenty of time for social activities. Friends will pop by when you least expect them, so don't tie yourself down to too many things.

♉ Taurus April 21-May 21 With Venus, your ruler, aspecting career planet Saturn, you will be assertive today. You know what you want, you know how to get it and you won't let anything stand in your way.

♊ Gemini May 22-June 21 If you are the kind of Gemini who thinks about the meaning of life, you will discover something of interest over the next 24 hours. It may sound a bit wacky but don't dismiss it out of hand. There's wisdom there.

♋ Cancer June 22-July 22 Anxieties you thought you had dealt with will return in unexpected ways today and tomorrow. If you face up to them honestly, you'll find out why they have reappeared. Then they'll be gone for good.

♌ Leo July 23-Aug.23 You'll be faced with more than one situation today that challenges you to think about the way you deal with people with whom you live and work. What you need to learn is that compromise is a necessity.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in the area of your chart that governs your work and your wellbeing will make it easy for you to adapt to rapidly changing situations.

♎ Libra Sept. 23-Oct. 23 Venus, your ruler, makes an excellent aspect to Saturn in your sign today, and while it may not be true to say that anything is possible, most things undoubtedly will be. Be selective in your ambitions.

♏ Scorpio Oct. 24-Nov. 22 The most important thing today is that you resolve any differences of opinion you have with loved ones. You may disagree on minor issues but overall you are still on the same wavelength.

♐ Sagittarius Nov. 23-Dec. 21 Travel is on your mind and even if you can't get away right now, you'll be making plans for summer. Make plans for loved ones, too.

♑ Capricorn Dec. 22-Jan. 20 You have started many new things recently, but you need to decide which of your projects is worth continuing. The more focused your energy, the more successful you will be.

♒ Aquarius Jan. 21-Feb. 18 Venus in your sign makes a perfect angle to Saturn, planet of stability, today. One particular relationship is about to become more meaningful to you. Stop denying you were made for each other.

♓ Pisces Feb. 19-March 20 Your imagination will get the better of you today, and that's not a bad thing. You do some of your best work when you shut out the "real" world.
SALLY BROMPTON

Caption contest

ALESSANDRO DELLA BELLA/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ANDRES LEIGHTON/ THE ASSOCIATED PRESS



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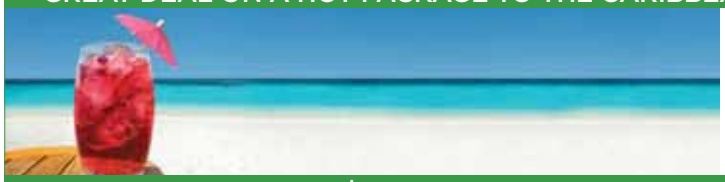
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AIR CANADA VACATIONS

Happy St. Patrick's Day

Use your mobile application

GREAT DEAL ON A HOT PACKAGE TO THE CARIBBEAN | AIR, HOTEL & TRANSFERS • 1 WEEK



PRICE *FREEZE* Book by Mar. 18

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe Cayacoa ❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • Apr. 14

$799 Add taxes & other fees: $178

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DOMINICAN REPUBLIC | Samana
Gran Bahia Principe Cayacoa ❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • Mar. 17 & 24
$819 Add taxes & other fees: $178

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe El Portillo ❀❀❀❀½ PRIVILEGES
All-Inclusive • Standard rm. • Mar. 17 & 24
$849 Add taxes & other fees: $178

BERMUDA
Surf Side Beach Hotel ❀❀❀
Deluxe rm. • Apr. 2
$979 Add taxes & other fees: $120

MEXICO | Cancun/Riviera Maya via Toronto
Occidental Grand Xcaret ❀❀❀❀½
All-Inclusive • Deluxe rm. • June 3, 5 & 6
$1079 Add taxes & other fees: $245

MEXICO | Cancun/Riviera Maya via Toronto
Grand Sirenis Riviera Maya Hotel & Spa ❀❀❀❀❀
All-Inclusive • Junior suite • June 3, 5 & 6
$1199 Add taxes & other fees: $245

CUBA | Holguin
Sirenis Playa Turquesa ❀❀❀❀
All-Inclusive • Superior rm. • Apr. 23
$939 Add taxes & other fees: $155

CUBA | Cayo Coco/Cayo Guillermo
TRYP Cayo Coco ❀❀❀❀
All-Inclusive • Standard rm. • Mar. 26 & Apr. 16
$959 Add taxes & other fees: $155

ARUBA via Toronto
The Mill Resort & Suites ❀❀❀
Royal rm. • Mar. 27
$1099 Add taxes & other fees: $181

JAMAICA PRIVILEGES
Gran Bahia Principe Jamaica ❀❀❀❀½
All-Inclusive • Junior suite • Apr. 11 & 18
$1399 Add taxes & other fees: $127

JAMAICA
Iberostar Rose Hall Beach ❀❀❀❀½
All-Inclusive • Standard garden view rm. • Apr. 25
$1429 Add taxes & other fees: $127

MEXICO
AIR, HOTEL & TRANSFERS • ALL-INCLUSIVE • 1 WEEK

MEXICO | Cancun/Riviera Maya via Toronto
Grand Bahia Principe Tulum ❀❀❀❀½ PRIVILEGES
Standard rm. • June 3, 5 & 6
$1119 Add taxes & other fees: $245

MEXICO | Puerto Vallarta via Toronto
Canto del Sol Plaza Vallarta ❀❀❀½
Standard rm. • Mar. 20 – 31
$1169 Add taxes & other fees: $152



USA | AIR & HOTEL

MASSACHUSETTS | Boston
Boston Peabody Springhill Suites by Marriott ❀❀❀
Double or twin guest rm. • May 19 – 21 • 3 nts.
$549 Add taxes & other fees: $119

FLORIDE | Orlando via Montreal
Clarion Resort & Waterpark ❀❀❀
Double or twin guest rm. • May 3 • 1 wk.
$749 Add taxes & other fees: $127

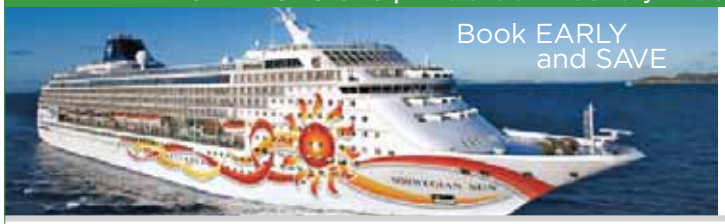
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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on Mar. 15, 2011, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport in Economy class. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. [1]Aeroplan Miles vary based on points of departure and destination. For details, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [2]Valid for travel from Aug. 1 and completed by Nov. 30 2011 [3]This offer is applicable to all destinations and sailings that are open for sale. Mention program code: PGWAVE11. Restrictions may apply. Upgrades available within like categories only i.e. inside to inside. One booklet per stateroom. NCL Corporation Ltd. ships' registry: The Bahamas and United States of America. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

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KIA

DARE TO COMPARE SALES EVENT

0% FINANCING ON ALL 2011 MODELS**

PAY FOR 90 DAYS on select models*

ALL FORTE VEHICLES COME STANDARD WITH:

- MP3/USB INPUT
- BLUETOOTH CONNECTIVITY°
- ELECTRONIC STABILITY CONTROL
- HWY: 5.7L/100KM (50 MPG) CITY: 8.1L/100KM (35 MPG)

"BEST SMALL CAR" OVER $20,000 MOTORING 2011



Forte5 SX shown

THE ALL-NEW 2011 KIA FORTE5

OWN IT FROM $104▼ AT 1.9% LOAN APR DOWN PAYMENT $0

bi-weekly for 60 months amortized over 84 months. $5,308 remaining balance. Includes delivery + destination and PPSA.

PLUS

PAY FOR 90 DAYS*

DARE TO COMPARE§	2011 Kia Forte5-door EX AT	2011 Mazda3 Sport GS AT	2011 Toyota Matrix w/conv. pkg AT
Comprehensive 5-year Warranty	✓	×	×
CD/MP3 Stereo with USB & AUX	✓	×	×
Voice Activated Bluetooth°	✓	✓	×
Steering Wheel Audio and Cruise Controls	✓	✓	✓
Electronic Stability Control	✓	×	✓
4-wheel Disc Brakes with ABS	✓	✓	✓

TOP SAFETY PICK 2011 INSURANCE INSTITUTE FOR HIGHWAY SAFETY



Forte SX shown

2011 KIA FORTE SEDAN

OWN IT FROM $99▼ AT 1.49% LOAN APR DOWN PAYMENT $0

bi-weekly for 60 months amortized over 84 months. $5,048 remaining balance. Includes delivery + destination and PPSA.

PLUS

PAY FOR 90 DAYS*

DARE TO COMPARE§	2011 Kia Forte EX AT	2011 Toyota Corolla CE AT w/conv. pkg	2011 Honda Civic DX-G AT
Comprehensive 5-year Warranty	✓	×	×
Horsepower	156 hp @ 6,200 rpm	132 hp @ 6,000 rpm	140 hp @ 6,300 rpm
Torque	144 lb. ft. @ 4,300 rpm	128 lb. ft. @ 4,400 rpm	128 lb. ft. @ 4,300 rpm
CD/MP3 Stereo with USB & AUX	✓	×	×
Voice Activated Bluetooth°	✓	×	×
Electronic Stability Control	✓	✓	×



Forte Koup SX shown

2 DOOR KOUP

2011 KIA FORTE KOUP

OWN IT FROM $126▼ AT 3.9% LOAN APR DOWN PAYMENT $0

bi-weekly for 60 months amortized over 84 months. $6,290 remaining balance. Includes delivery + destination and PPSA.

PLUS

PAY FOR 90 DAYS*

DARE TO COMPARE§	2011 Forte Koup EX AT	2011 Honda Civic Coupe DX-G AT	2010 Chevrolet Cobalt Coupe LT AT
Comprehensive 5-year Warranty	✓	×	×
Horsepower	156 hp @ 6,200 rpm	140 hp @ 6,300 rpm	155 hp @ 6,100 rpm
Heated Front Seats	✓	×	×
CD/MP3 Stereo with USB & AUX	✓	×	×
Voice Activated Bluetooth°	✓	×	×
Electronic Stability Control	✓	×	×

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*5-year/100,000 km powertrain warranty
*5-year/100,000 km extra care roadside assistance
*no deductible charge

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KIA

"0% purchase financing available on all 2011 models on approved credit (OAC). Term varies by model and trim. ▼"Don't Pay for 90 Days" on select models (90-day payment deferral) applies to purchase financing offers on 2011 Forte, 2011 Forte Koup, 2011 Forte5, 2011 Rio, 2011 Rio5, 2011 Magentis, 2011 Rondo and 2011 Soul models on approved credit (OAC). No interest will accrue during the first 60 days of the finance contract. After this period interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ▼Bi-weekly finance payment for 2011 Forte5 (F055OB)/2011 Forte Sedan (F054OB)/2011 Forte Koup (F052IB) based on an MSRP of $16,695/$15,995/$18,995 is $104/$99/$126 with an APR of 1.9%/1.49%/3.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $5,308/$5,048/$6,290 plus applicable taxes due at end of 60-month period. Delivery and destination fees of $1,455 and $79 PPSA included. Loan credit for 2011 Forte Sedan (F054OB)/2011 Forte5 (F055OB)/2011 Forte Koup (F052IB) is $500 and is available on purchase financing only on approved credit (OAC). Loan credit varies by model and trim. All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. Vehicle images shown may include optional accessories and upgrades. ^ Highway/city fuel consumption for 2011 Forte Sedan (F054OB)/Forte5 (F055OB)/Forte Koup (F052IB) is 5.7L (50 MPG)/8.1L (35 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnerGuide Fuel Consumption Guide*. ^△2011 Kia Forte Sedan awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. ^△2011 Kia Forte5 awarded 2011 Best Small Car Of The Year (over $20,000) and Best Hatchback by Motoring 2011. Visit www.motoringtv.com for full details. °The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the $500 Grad Rebate Program and $750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Offers end March 31, 2011. KIA is a trademark of Kia Motors Corporation. ®© 2011 Kia Canada Inc. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research.

$500 Grad Rebate

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